

Orangelo Thyme Grilled Pork Chops



4 pork chops (6-oz)
3/4 cup water
2 tbsp sugar
2 tbsp kosher salt
4 tbsp fresh **Orangelo thyme**, stripped from stem, divided
1 orange, divided (1/2 juice and zest, 1/2 as slices for garnish)

Orangelo Thyme is a fragrant, citrus-scented heirloom herb that is known for its ability to thrive in poor soil conditions. This herb lends unique, citrusy notes to savory and sweet dishes. Rare and highly sought after, **Orangelo Thyme** is a gourmet herb that adds a refreshing citrusy twist to a variety of dishes, including roasted vegetables, grilled meats, seafood, and even desserts. Its unique flavor profile makes it a versatile addition to both savory and sweet recipes.

Mango and Summer Savory Grilled Pork Chops



Ingredients

4 boneless pork chops, about 1-inch thick (or bone-in, adjust cooking time slightly)
1 cup mango puree (fresh or frozen, thawed)
1 mango chopped
1/4 cup fresh **summer savory**, chopped, divided
2 tbsp olive oil
1 tbsp black pepper, freshly ground (adjust to heat preference)
1 tsp salt
1 lime, juiced (about 2 tbsp)
1 tbsp honey



Summer savory (*Satureja hortensis*) is known for its complex and distinctive flavor, often described as a more robust and peppery version of thyme with a subtle sweetness that mellows the initial bite, giving it a warming, slightly pungent quality with a unique peppery edge that makes it instantly recognizable. It carries nuances of mint and pine, adding freshness and depth, which makes it versatile in cooking.

Meatballs with Sage Brown Butter Sauce



Ingredients

- 2 lbs. lean ground beef
- 1/4 cup **fresh oregano** leaves, chopped
- 1/2 cup Italian breadcrumbs
- 1/2 cup Parmesan cheese, grated
- 1 egg
- 1 tablespoon paprika,
- 2 teaspoons black pepper
- 1 teaspoon Himalayan Salt
- 1 teaspoon garlic powder,
- 10 whole **fresh sage** leaves
- 1/2 cup butter
- 2 tablespoons garlic, minced



Oregano is known for its strong, aromatic flavor that is slightly bitter and peppery. It has earthy undertones and can exhibit minty hints, especially when fresh.

Sage has an earthy taste that is slightly peppery and citrusy/lemony. Using **fresh sage** leaves gives you a more vibrant and less bitter flavor. The earthy component makes **sage** an ideal pairing for rich, savory dishes, particularly those featuring meat, such as pork, beef, & poultry.

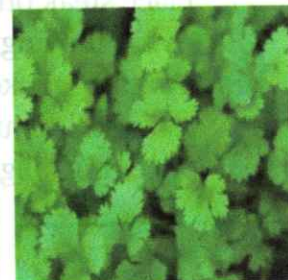
Juicy Flank Steak with Cilantro & Lime



Ingredients

- 2 pounds flank steak (or skirt or flap)
- 1 cup **fresh cilantro leaves**, chopped, divided
- 1/4 cup olive oil
- 1/4 cup reduced sodium soy sauce
- 1/4 cup fresh orange juice (about 2 small oranges)
- 2 tablespoons fresh lime juice (about 1 lime)
- 4 garlic cloves, minced
- 1 jalapeño, seeded and finely chopped
- 1 teaspoon ground cumin

Cilantro's flavor is a bright, citrusy burst with herbaceous notes. It is often described as having a fresh and slightly peppery, citrusy, taste. **Cilantro** pops up in so many Mexican, Indian, Thai, and Middle Eastern dishes, and is quite versatile lending flavor to everything from vegetable and meat dishes to pasta and bean dishes.



Spicy BBQ Ribs with Fresh Herbs



Ingredients

- 1 tbsp. smoked paprika
- ½ tbsp. garlic powder
- ½ tbsp. onion powder
- ½ tsp. cayenne powder
- 1 cup homemade BBQ sauce
- 4 tsp. Sriracha (optional or to taste)
- 2 tbsp. raw honey
- ¼ cup fresh green onion, chopped
- ¼ cup fresh **cilantro**, chopped
- ¼ cup fresh **flat-leaf parsley**, chopped
- Sea salt and freshly ground black pepper

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Parsley has a fresh, green, slightly peppery flavor with mild bitterness and subtle earthy undertones. **Flat-leaf Parsley's** flavor is bright and herbaceous, often described as reminiscent of freshly cut grass with a clean, refreshing quality that enhances dishes without overpowering them.

Classic Grilled Steak with Rosemary Mustard Butter



Ingredients

- 2 beef filet mignon steaks (or sirloin steaks)
- 2 ounces butter, softened
- ¼ teaspoon very finely chopped **fresh rosemary**
- 2 teaspoons whole-grain Dijon mustard
- ¼ teaspoon minced fresh garlic
- Fresh ground black pepper, to taste
- Sprigs of **fresh rosemary** for garnish

Rosemary is a versatile and aromatic herb that brings a distinctive, pine-like flavor with citrus and minty undertones to a variety of dishes. Its robust taste, combined with a rich aroma and vibrant appearance, makes it an essential ingredient in both traditional Mediterranean recipes and modern culinary innovations.



Fresh Herb Encrusted Oven Roast Beef



Ingredients

- 1x 2lb Outside Round Oven Roast
- 3 fresh garlic cloves
- 2 small onions
- 3 tablespoon Dijon mustard
- 1 tablespoon finely chopped **fresh thyme**
- 3 tablespoons finely chopped **fresh oregano**
- Ground Coarse Sea Salt and Cracked Black Pepper to taste



Oregano is known for its strong, aromatic flavor that is slightly bitter and peppery. It has earthy undertones and can exhibit minty hints, especially when fresh.



Common thyme (*Thymus vulgaris*): Classic savory flavor, ideal for soups, stews, roasts, and meat dishes. It has a warm, slightly sweet, and herbal taste.

Slow Cooker Goat Stew with Rosemary & Thyme



Ingredients

- 1 lb. goat meat
- 3 carrot, sliced
- 1 celery stalk, sliced
- 1 medium yellow onion, chopped
- 3 gold potatoes
- 1 clove garlic, minced
- 1 tsp **fresh rosemary**
- 1 tsp **fresh thyme**
- 2 cups water
- salt and pepper to taste

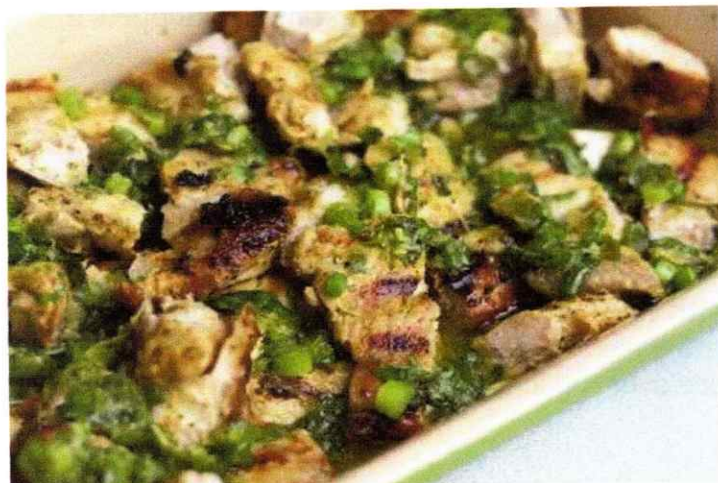


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Lime-Basil and Soy Grilled Chicken Thighs



Ingredients

- 1 lime (juice and zest) divided
- 1/4 cup olive oil
- 3 tablespoon Dijon mustard
- 3 tablespoons soy sauce
- 6 green onions chopped, divided
- 4 cloves garlic minced, divided
- 4 tablespoons chopped **lime-basil**
- salt and pepper to taste
- 3 lbs. chicken thighs-boneless



Lime basil adds a bright layer of flavor ovetop of the rich chicken thighs that blends perfectly with the distinct saltiness of soy. **Asian style Variation:** after marinating, roll in egg and your favorite breading and prepare using your air-fryer according to directions by weight for chicken. Add additional ingredients (honey, vinegar, ginger) to a saucepan and thicken with cornstarch for syrupy, sticky sauce. Garnish with chopped lime zest and green onions.

Grilled Chicken with Lemon-Basil Marinade



Ingredients

- 4 boneless, skinless chicken breasts (about 1.5 lbs.), patted dry
- 1/8 cup fresh lemon juice (about 1 juicy lemon)
- 1/4 cup rich extra virgin olive oil
- 1/4 cup finely chopped fresh **lemon-basil leaves**
- 2 cloves garlic, minced
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper



Vibrant and juicy, this grilled chicken is a perfect balance of tangy & aromatic **lemon-basil**. Serve it over a crisp salad or alongside grilled vegetables for a meal that's as beautiful as it is delicious.
